



# Meals On Wheels

*Meals are just our first course!*

## October 2021

Home Delivered Meal Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Fish Scampi Risotto Italian Green Beans
4 Hamburger w/ Caramelized Onions Mashed Potato Yellow Corn	5 Asian Pork Stew Lo Mein Noodles Oriental Vegetables	6 Baked Cod w/ Creole Sauce Lemon Zested Orzo Brussels Sprouts	7 Oven Fried Chicken Baked Mac & Cheese Collard Greens	8 Cheese Lasagna Green Peas Diced Carrots
11 Hawaiian Chicken Jasmine Rice California Blend Vegetables	12 BBQ Pulled Pork Baked Beans Braised Cabbage	13 Beef Stroganoff w/ Mushroom Gravy Buttered Egg Noodles Green Peas	14 Eggplant Rollatini Penne Pasta Broccoli	15 Caribbean Flounder Coconut Rice Grilled Plantain
18 <b><i>Octoberfest Celebration</i></b> Bratwurst German Potato Salad Sauerkraut	19 Apricot Chicken Baked Sweet Potato California Blend Vegetables	20 Shrimp Alfredo Snap Peas Yellow Squash	21 Chicken Parmesan Penne Pasta Zucchini	22 Cheese Pierogies Brussels Sprouts Baby Carrots
25 Meatloaf w/Mushroom Gravy Red Mashed Potato Braised Cabbage	26 Lemon Chicken Mashed Cauliflower Green Peas	27 Vegetable Lasagna Diced Carrots Italian Green Beans	28 Roast Turkey w/Gravy Herbed Stuffing Mixed Vegetables	29 Breaded Fish Sweet Potato Puffs Broccoli

Meals are prepared fresh daily. Milk, bread, juice, & dessert are included. Medically tailored meals will not follow the meal calendar.

845-624-6325

Meals are subject to availability

[www.mowrockland.org](http://www.mowrockland.org)

Funding provided (in part) by the Rockland County Office for the Aging, Administration on Aging, New York State Office for the Aging, and the County of Rockland